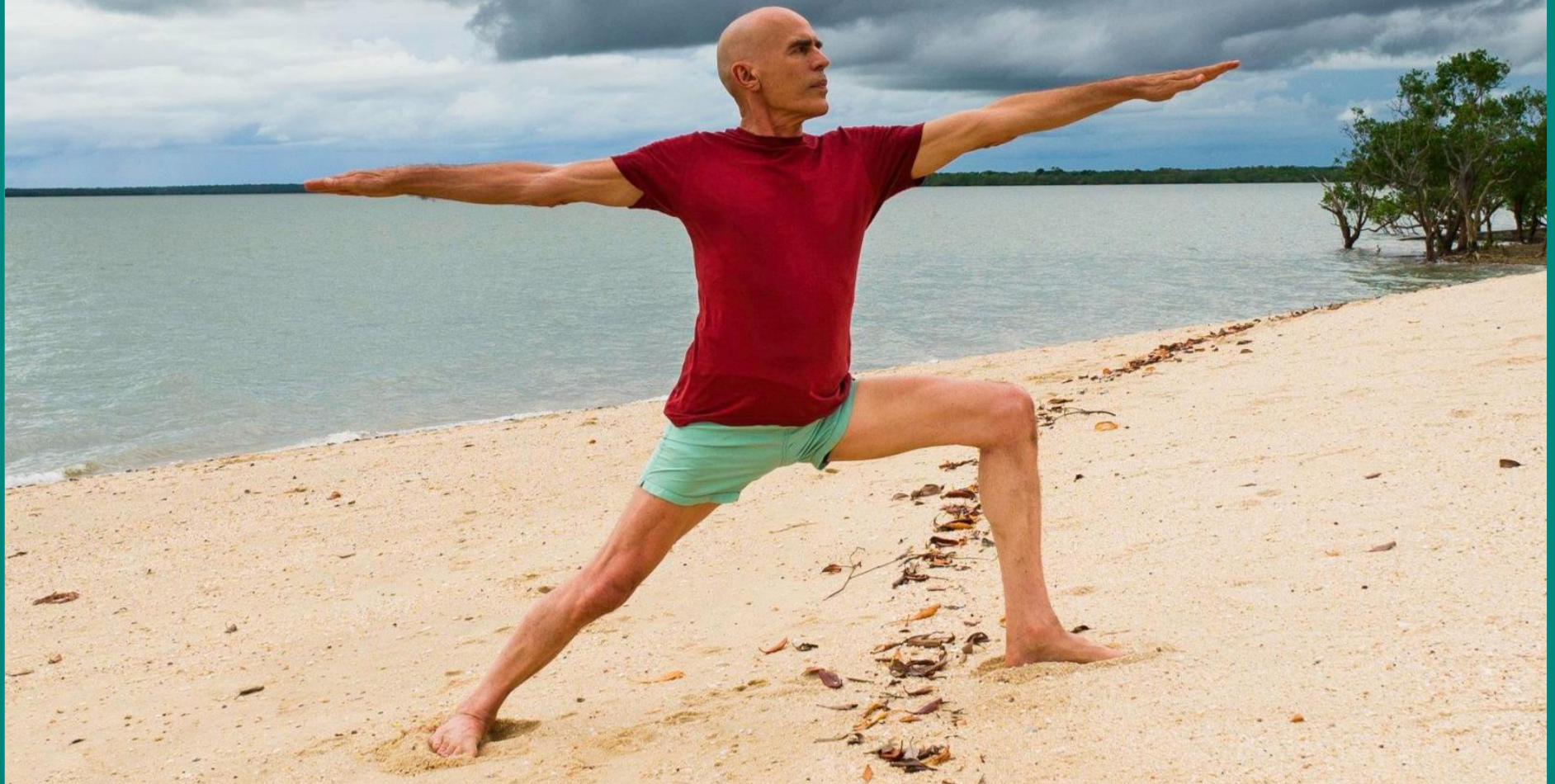


MATES4MATES

Here for those
impacted by service.



FREE VET YOGA. Get Moving With Mates 4 Mates Yoga Course By Flametree.

Join us for yoga. Get a focus on all aspects of movement, & much more. Male teacher.

Yoga classes are designed to give you a good full body workout to help strengthen, connect and leave you feeling healthier in all respects.

It's **doable, beginner level yoga** suitable for all. Mats are provided, in a private, air-conditioned, fully equipped studio.

Loose or stretchy clothing is fine. Overseas Vets also welcome. Limited positions available. **Scan the below QR code to submit your expression of interest today.**



During your screening, you may be asked about the possibility of obtaining a medical clearance from your GP for the program.

If you have any questions, contact groupfitness@mates4mates.org

When:

Running over six weeks, each Friday.
01/08/25 – 19/09/25
9:30 – 10:30am

Where:

Shop T31 in Coolalinga Central (425 Stuart Highway). It's just opposite Coles Coolalinga.